

# Mindful Continuing Education

## Psychiatric Needs of Detained Youth Before and After Detention

### Beyond Detention

**1. Even though research indicates that the majority of youth in the juvenile justice system have been diagnosed with psychiatric disorders, reports issued by the Surgeon General and the President's New Freedom Commission on Mental Health show that juvenile detainees often do not receive the treatment and services they need.**

- A. True
  - B. False
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### Highlights

**2. Among youth processed in adult criminal court, those sentenced to prison had significantly greater odds than those who received a less severe sentence of having a disruptive behavior disorder, a substance use disorder, or co-occurring affective and anxiety disorders.**

- A. True
  - B. False
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**3. Each of the following is an accurate statement about detained youth who are transferred to adult facilities EXCEPT:**

- A. Transferred youth face jurors who may be biased against them simply because they are being tried in an adult court
  - B. Transferred youth are more likely to be convicted and to receive more stringent sentences than those processed in juvenile court
  - C. Nearly 40 percent of all transferred youth charged with violent offenses are adjudicated to prison, compared with 16 percent of similarly charged young adults
  - D. Before age-appropriate interventions for youth in the adult correctional system can be developed and implemented, corrections personnel and treatment providers need to know which psychiatric disorders are most prevalent among these youth
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### Table 2. Psychiatric Disorders Among Arrested and Detained Youth Processed in Adult or Juvenile Court

**4. Among arrested and detained youth processed in adult or juvenile court, substance use disorders were the most prevalent psychiatric issues followed by anxiety disorders.**

- A. True
  - B. False
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**5. When examining the likelihood of youths transferring to adult court, the groups most likely to be transferred were male youth from racial/ethnic groups and:**

- A. Older youth
  - B. Youth from lower socio-economic backgrounds
  - C. Those who had truancy issues and poor school histories
  - D. Youth who had been in the foster care system
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**6. Overall findings suggest that an urgent situation exists within the prison system as the largest numbers of transferred youth who need psychiatric services are also the least likely to receive them.**

- A. True
  - B. False
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**7. Which of the following is NOT one of the conclusions drawn about transferred youth who were sentenced to prison:**

- A. The specific disorders associated with increased odds for a prison sentence were disruptive behavior and substance use disorders
  - B. Higher rates of disruptive behavior and substance use disorders may reasonably be expected among youth with all personality disorders
  - C. On average, transferred youth who were sentenced to prison had more than one psychiatric disorder, and 15 percent had all four major types of psychiatric disorders
  - D. Findings suggest that transferred youth sentenced to prison not only have needs for behavioral rehabilitation to address disruptive behavior and substance use disorders, but also need treatment for affective and anxiety disorders
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**8. Longer stays in pre-adjudication detention and the stressors associated with processing in adult criminal court may increase the risk of psychiatric disorders and other adverse \_\_\_\_\_, social, and functional consequences for transferred youth.**

- A. Emotional
  - B. Visceral
  - C. Communal
  - D. Developmental
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**Address Racial and Ethnic Disparities in the Transfer Process**

**9. According to the study findings and national statistics, approximately 40 percent of transferred youth with psychiatric problems are from racial/ethnic minority groups, and these youth may be underserved in detention and in the community.**

- A. True
  - B. False
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## **Background**

**10. Youth in the juvenile justice system have many characteristics associated with lower rates of service use, including poverty and poor education, inadequate health insurance, racial/ethnic minority status, a history of arrest, and a small social network.**

- A. True
  - B. False
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## **Measures**

**11. When asked about barriers to mental health treatment, youth themselves report each of the following EXCEPT:**

- A. The belief that the problem would go away or could be solved on one's own
  - B. Being unsure of the right person or place with which to get help
  - C. Difficulty in obtaining help and worrying about what others would think
  - D. The belief that it would make their problems worse if they talked about them
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## **Results**

**12. Research indicates that race, ethnicity, and gender play a significant role in how youth perceived barriers to treatment.**

- A. True
  - B. False
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## **Discussion**

**13. Parents of children with mental illness frequently report that they feel their child's problems do not require treatment, which indicates the possibility of an intergenerational pathway for this belief.**

- A. True
  - B. False
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**14. Male detainees generally have received significantly fewer services in the past compared with female detainees, probably because females tend to:**

- A. Demonstrate greater help seeking behaviors
  - B. Have experienced more treatment success in the past
  - C. Have more trust in the system
  - D. Have less fear in the stigma attached to receiving help
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## **Future Research**

**15. Recommendations for future research into how clinical services and educational outreach may be improved for detained youth include:**

- A. Investigate the characteristics of mental health services that high risk youth receive and why they are satisfied with these services
  - B. Consider gender and racial/ethnic differences in service use
  - C. Study the role of social networks in youth's attitudes toward services
  - D. All of the above
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## **Psychiatric Disorders in Youth After Detention**

**16. Experts believe that psychiatric disorders will persist as juvenile offenders become young adults because of their consequential exposure to numerous risk factors such as maltreatment, family dysfunction, substance abuse and:**

- A. Poverty
  - B. Lack of available services
  - C. Brain injury
  - D. Trauma
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## **Methods**

**17. Since many delinquent youth are vulnerable to continued psychiatric morbidity as they age, several extensive longitudinal studies have recently examined the frequency and consistency of psychiatric disorders after youth leave detention.**

- A. True
  - B. False
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## Findings

**18. In the Northwestern Juvenile Project, which examined the prevalence and persistence of psychiatric disorders after youth leave detention, at 4.5 years following incarceration more than 45 percent of males and nearly 30 percent of females had a disorder with impairment.**

- A. True
  - B. False
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**19. One of the findings of the study was that other than mania, the prevalence rates for mood disorders increased as the participants aged, and over time, males had higher rates of any mood disorder than females.**

- A. True
  - B. False
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**20. Which statement below accurately describes further follow-up findings for youth after detention?**

- A. The prevalence of any disruptive behavior disorder decreased over time, and the rate of this decrease was consistent among both genders
  - B. Substance use disorders were the most prevalent disorders found in this juvenile population, and the pervasiveness of these disorders generally decreased over time, but the rate of decrease depended on gender
  - C. Even after adjusting for time spent in correctional facilities, substance use disorders were more common among Hispanics than African Americans and among non-Hispanic males
  - D. Approximately three in five participants (regardless of gender) had a mood disorder that persisted to the second follow-up period
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## Discussion of Findings

**21. For many delinquent youth, especially males, externalizing disorders were not limited to adolescence, and such behaviors as conduct disorder and attention-deficit/hyperactivity disorder, which show up in the youth's outward behavior, often continue into adulthood.**

- A. True
  - B. False
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**22. Experts believe that males have far more difficulty with certain behavioral disorders for each of the following reasons EXCEPT:**

- A. Delinquent males are less likely to receive mental health and substance abuse services than females, which may exacerbate these issues

- B. Males may have fewer opportunities to assume age-appropriate social roles such as jobs and postsecondary schooling, which are turning points that might reduce problem behaviors
  - C. Males may not be able to verbalize symptoms of certain disorders because of stigma, and therefore do not get help
  - D. Males are incarcerated more frequently and for longer periods of time than females, thus decreasing the amount of time available for building a stable life
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## **Directions for Future Research**

**23. One limitation of research is that although many studies examine the prevalence of psychiatric disorders in incarcerated populations, few focus on:**

- A. The effect of incarceration on psychiatric disorders
  - B. How health disparities and racial/ethnic differences impact such disorders
  - C. How protective and risk factors impact psychiatric disorders during detention
  - D. None of the above
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**24. One area of future studies should be to investigate how social, cognitive, and biological factors interact to affect the trajectories of psychiatric disorders in high-risk youth.**

- A. True
  - B. False
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## **Conclusion**

**25. In order to help delinquent males who account for the majority of juvenile arrests, comprehensive interventions such as Life Skills Training (LST), Brief Strategic Family Therapy (BSFT), and Dialectical Behavioral Therapy (DBT) are recommended as effective strategies.**

- A. True
  - B. False
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